

KETTLER
HKS-SELECTION

Montageanleitung Cross-Trainer „Vito XLS“

Art.-Nr. 07861-850, -859



Auf 100% Altpapier!

Abb. ähnlich

MADE IN GERMANY



Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the appliance. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts.

For Your Safety

⚠ ATTENTION! The crosstrainer should be used only for its intended purpose, i.e. for physical exercise by adult people.

⚠ ATTENTION! Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.

■ The crosstrainer has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.

■ The training device corresponds with DIN EN 957 -1/-9, class HB.

■ Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.

■ Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original KETTLER spare parts.

■ In case of enquiry, please contact your KETTLER dealer.

■ **If the equipment is in regular use, check all its components thoroughly every 1–2 months. Pay particular attention to the tightness of bolts and nuts. This is particularly true for the attachment of grip strap, running plate and fastening of the handlebar and front tube.**

⚠ ATTENTION! Instruct people using the equipment (in particular children) on possible sources of danger during exercising.

■ Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. **Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!**

■ Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by KETTLER service staff or qualified personnel trained by KETTLER.

■ To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.

■ Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.

⚠ ATTENTION! While assembly of the product keep off children's reach (Choking hazard - contains small parts).

■ Always wear suitable shoes when using.

⚠ ATTENTION! Before beginning your program of training, study the instructions for training carefully.

■ Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.

■ In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors).

■ Always observe the general safety rules and precautions for working with electrical equipment.

■ **All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic controlsystem as otherwise values displayed might be distorted (e.g. pulse measurement).**

⚠ WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

■ The product is not suitable for use by persons weighing over 150 kg.

■ Nobody may be in the moving range of a training person during training

■ **This exercise machine may only be used for exercises indicated in the training instructions.**

■ The surface on which the unit is placed must be firm and even. Place rubber or straw mats under it to deaden any noise or impacts. Only for appliances with weights. Avoid powerful oscillations of the dumbbells!

Handling the equipment

■ Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.

■ It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.

■ The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.

■ Use for your regular cleaning, maintenance and care our appliance maintenance set (Article no. 07921-000) specifically li-

censed for KETTLER Sports apparatus and available from the Sport specialized trade.

■ **Please ensure that liquids or perspiration never enter the machine or the electronics.**

■ The equipment is dependent of revolutions per minute.

■ A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling result from engineering and are absolutely safe.

■ The crosstrainer has a magnetic brake system.

■ To operate correctly, the pulse function requires a minimum voltage of 2,7 volts (only for computers working with batteries).

■ Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.

Instructions for Assembly

- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your KETTLER dealer.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- Please note that there is **always** a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a **risk of suffocation** if children play with plastic bags!
- The equipment must be assembled with due care by an adult

person. If in doubt call upon the help of a second person, if possible technically talented.

- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed. The required tools are supplied with the equipment.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, **then use spanner to finally tighten nuts completely against resistance (locking device)**. Then check that all screw connections have been tightened firmly. **Attention:** once locknuts have been unscrewed they no longer function correctly (**the locking device is destroyed**), and must be replaced.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

List of spare parts page 33-35

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

Example order: Art. no. 07861-850 / spare-part no. 91180488 / 2 pieces / S/N

Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may **only** be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible.

It is important to provide a detailed defect description / damage report!

Important: spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words „**with fastening material**“.

Waste Disposal

KETTLER products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

KETTLER GB Ltd.

KETTLER House, Merse Road · North Moons Moat · Redditch, Worcestershire B98 9HL

<http://www.kettler.co.uk>

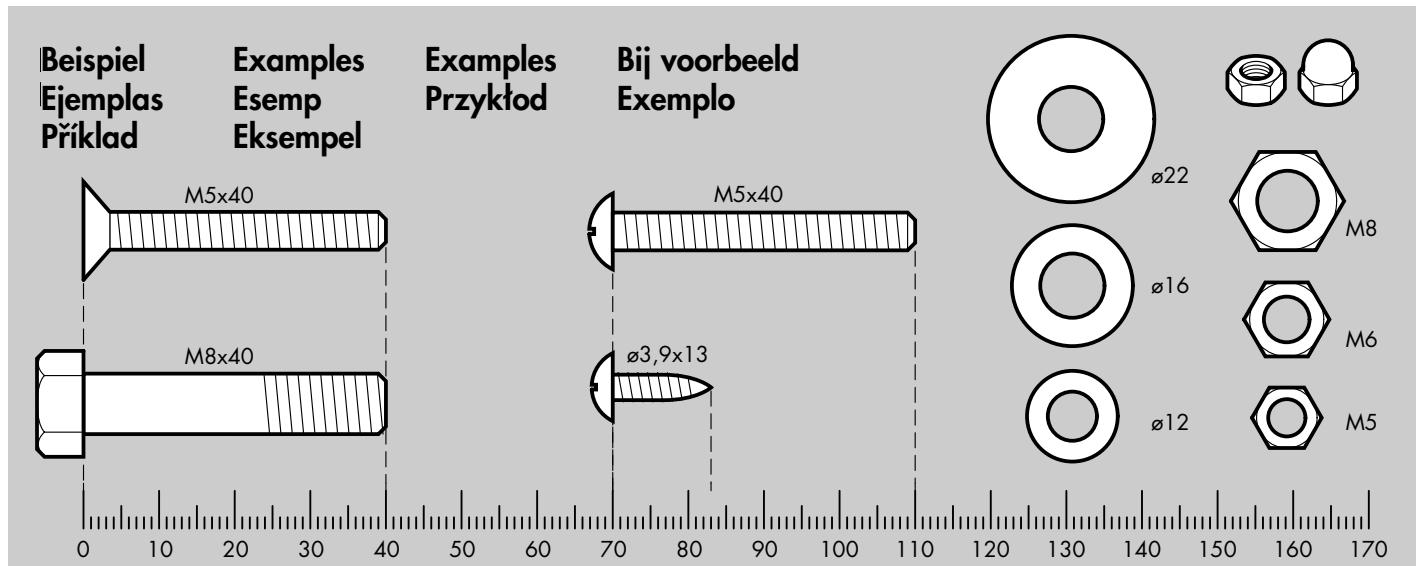
KETTLER International Inc.

1355 London Bridge Road · Virginia Beach, VA 23453

<http://www.kettlerusa.com>

Messhilfe für Verschraubungsmaterial

- GB – Measuring help for screw connections
- F – Gabarit pour système de serrage
- NL – Meethulp voor Schroefmateriaal
- E – Ayuda para la medición del material de atornilladura
- I – Misura per materiale di avvitamento
- PL – Wzornik do połączeń śrubowych
- CZ – Měřicí pomůcka pro materiál k přišroubování
- P – Auxiliar de medição para materiais de parafusamento
- DK – Hjælp til måling af skruer

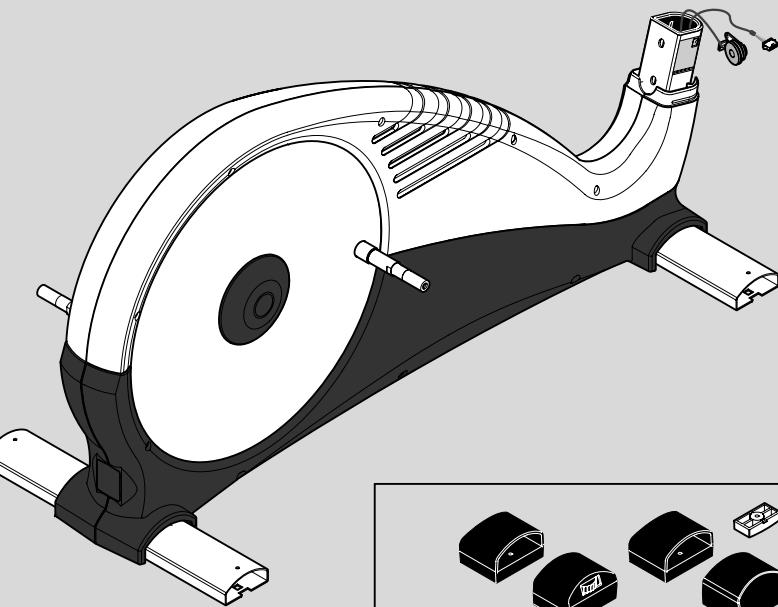
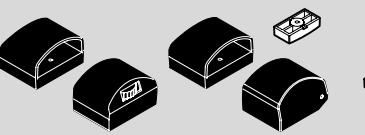
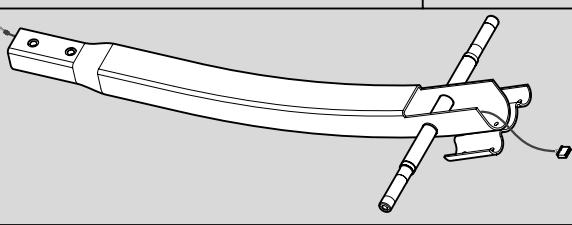
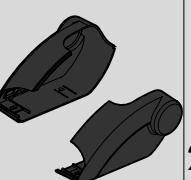
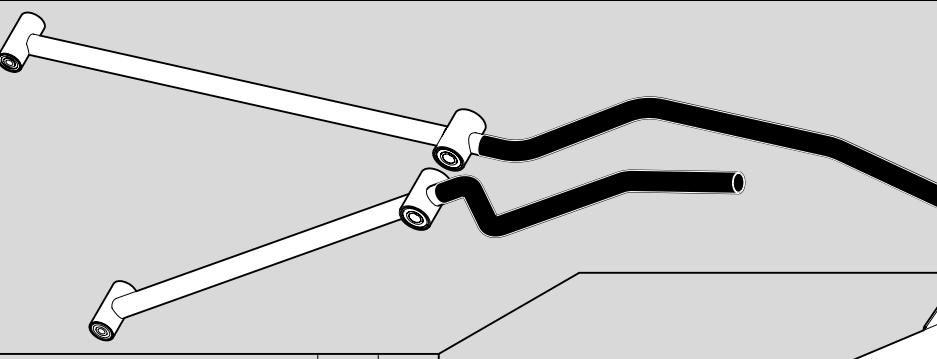
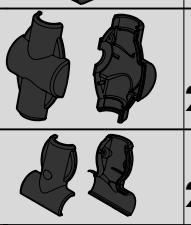
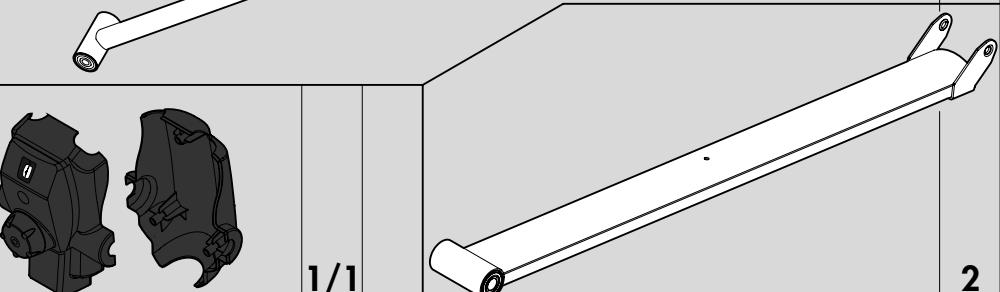
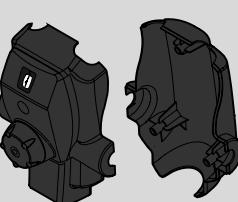
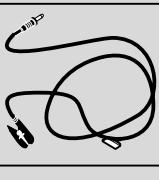
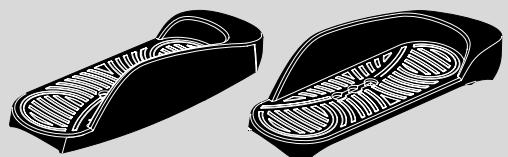
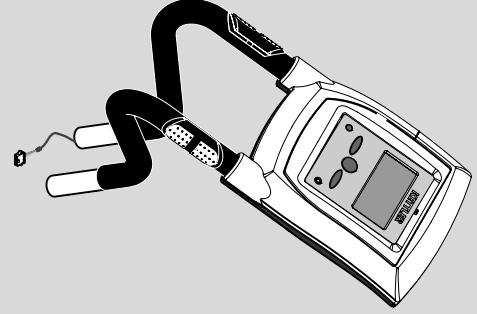


- D – Gehört nicht zum Lieferumfang.
- GB – Not included.
- F – Ne fait pas partie du domaine de livraison.
- NL – Is niet bij de levering inbegrepen.
- E – No forma parte del volumen de entrega.
- I – Non fa parte del volume della fornitura.
- PL – Nie należy do zakresu dostawy.
- CZ – Nepatří do rozsahu dodávky
- P – Não está incluído nas peças fornecidas
- DK – Er ikke inkluderet i leveringsomfanget.



Checkliste (Packungsinhalt)

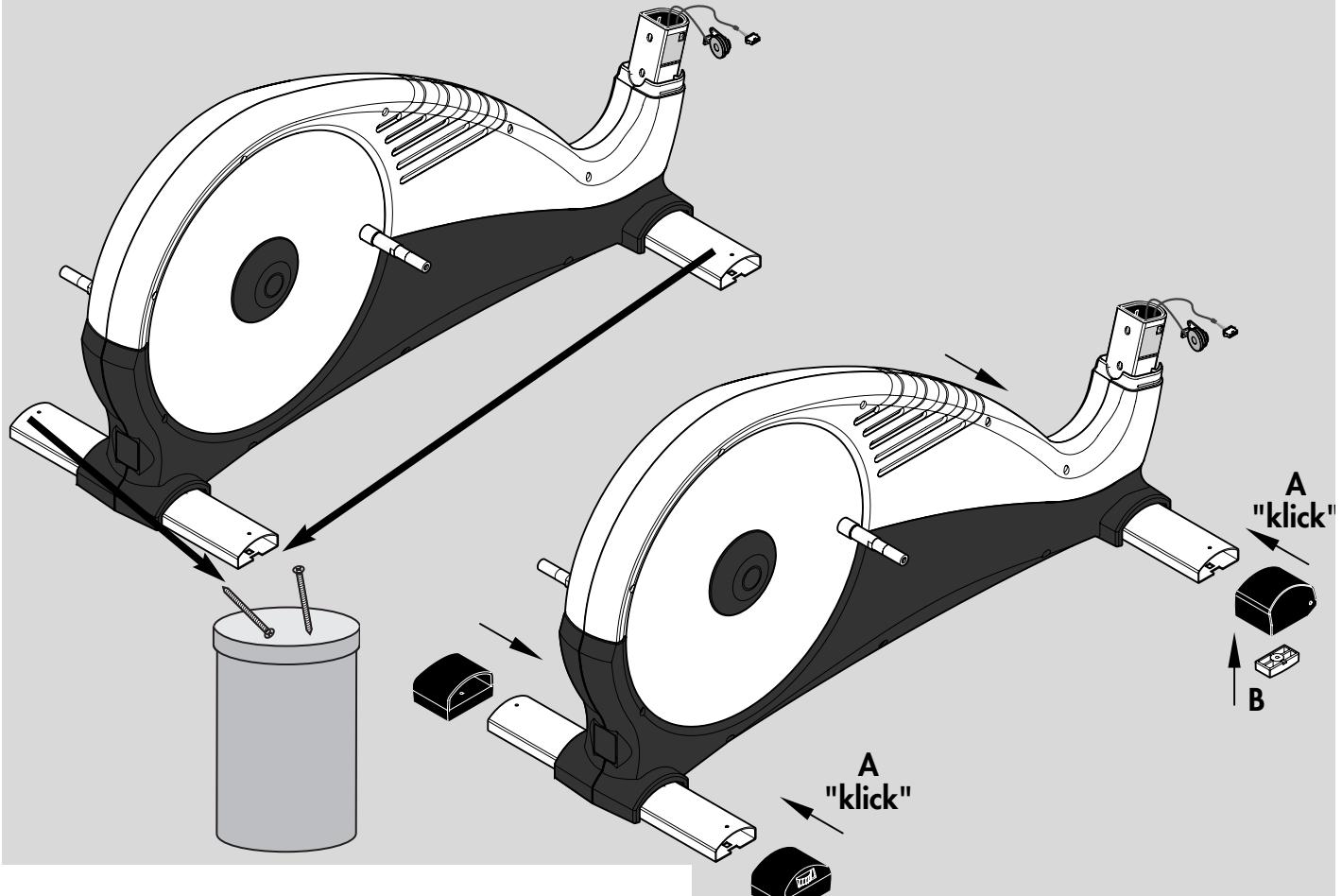
- GB – Checklist (contents of packaging) - F – Liste de vérification (contenu de l'emballage) - NL – Checklijst (verpakkinginhoud)
 - E – Lista de control (contenido del paquete) - I – Lista di controllo (contenuto del pacco) - PL – Lista kontrolna (zawartość opakowania)
 - CZ – Kontrolní seznam (obsah balení) - P – Lista de verificação (conteúdo da embalagem) - DK – Checkliste (pakkens indhold)

	1		1		SW 10/13 SW 17 2x
	1				2/2
	1				2/2
	1/1				1
	1/1				2/2
	2				1
	1/1				2
			1		

Checkliste (Packungsinhalt)

	$\varnothing 25 \times 8,4$	4		M10x20	4
	$\varnothing 10$	4		M8x16	4
	$\varnothing 18 \times 11,3$	4		M6x20	4
	$\varnothing 15,5 \times 5,3$	1		4x35	3
	$\varnothing 12,5 \times 6,4$	6		3,9x19	1
	$\varnothing 22,2 \times 27,5$	2		3,9x9,5	8
	$\varnothing 10 \times 42$	1		$\varnothing 6 \times 9,5$	8
	$M10 \times 105$	2		M6	2
	$M5 \times 90$	1		M10	2
	$M6 \times 50$	2		M5	1
	$\varnothing 42$	2			1

1



2



- D - ACHTUNG!

Die beiden Schrauben D müssen aus technischen Gründen zuerst angezogen werden.
Erst dann die Schrauben E anziehen.

- GB - IMPORTANT!

Due to technical reasons the screws D have to be tightened first. Tighten the screws E last.

- F - ATTENTION!

Pour des raisons techniques il faut d'abord serrer les deux vis D. Serrez ensuite seulement les vis E.

- NL - LET OP!

Om technische redenen moeten de beide schroeven D eerst vastgedraaid worden. Pas daarna de schroeven E vastdraaien.

- E - ¡ATENCIÓN!

Por razones técnicas, los dos tornillos D deben apretarse primero. A continuación apretar los tornillos E).

- I - ATTENZIONE!

Per motivi tecnici è necessario serrare dapprima le due D. Soltanto dopo questa operazione si possono serrare anche le viti E.

- PL - UWAGA!

Obie śruby z podkładką D muszą być z przyczyn technicznych dokręcone najpierw. Dopiero potem dokręcić śruby z podkładką E.

- CZ - POZOR!

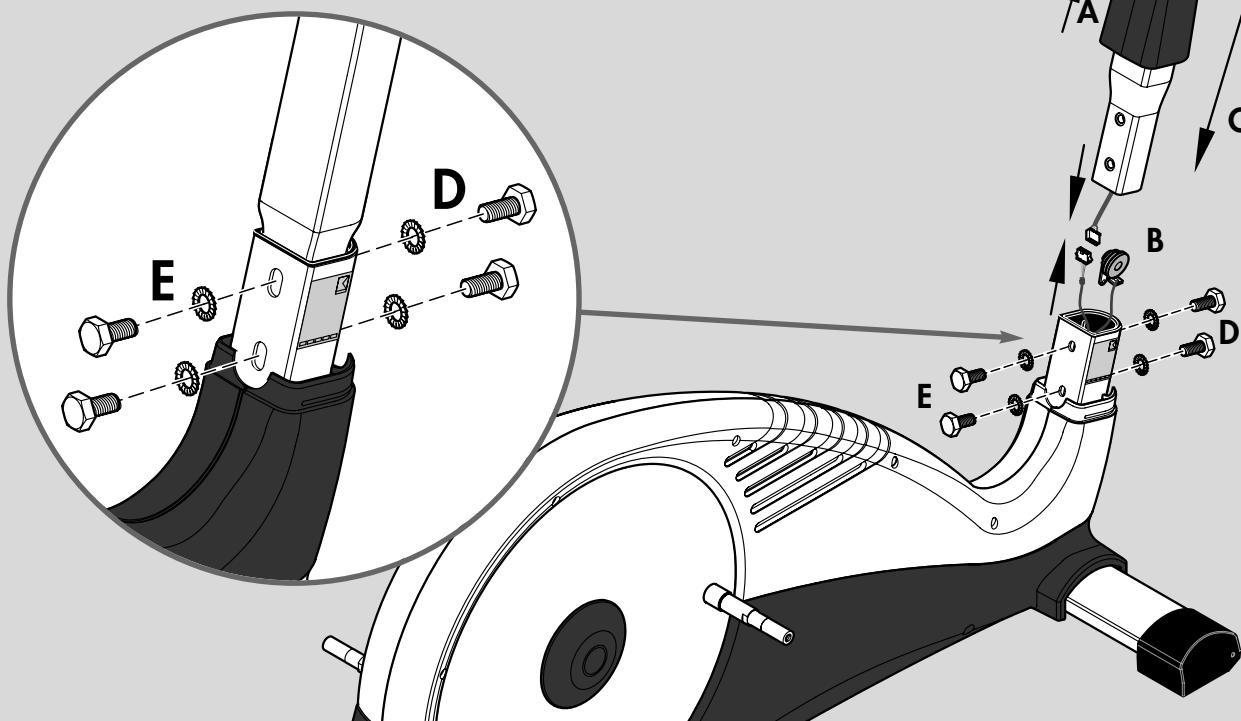
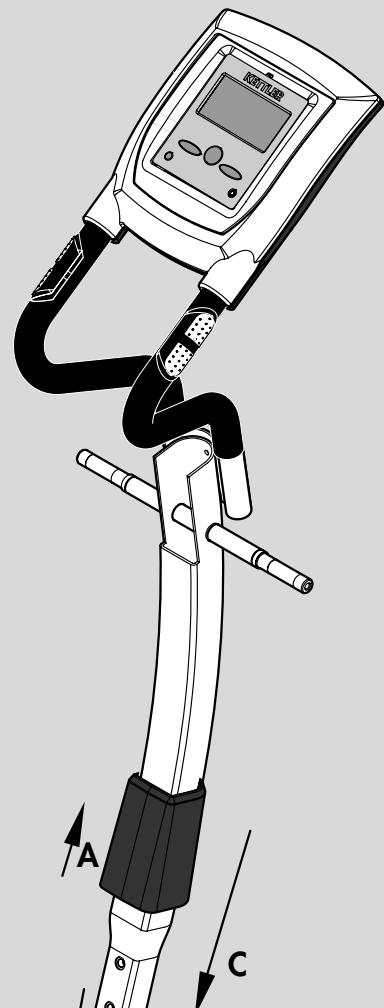
Z technických důvodů je třeba nejprve dotáhnout šrouby označené jako „D“. Teprve poté dotáhněte šrouby označené jako „E“.

- P - ATENÇÃO!

Por motivos técnicos, os dois parafusos D têm ser apertados primeiro. Apertar somente em seguida os parafusos E.

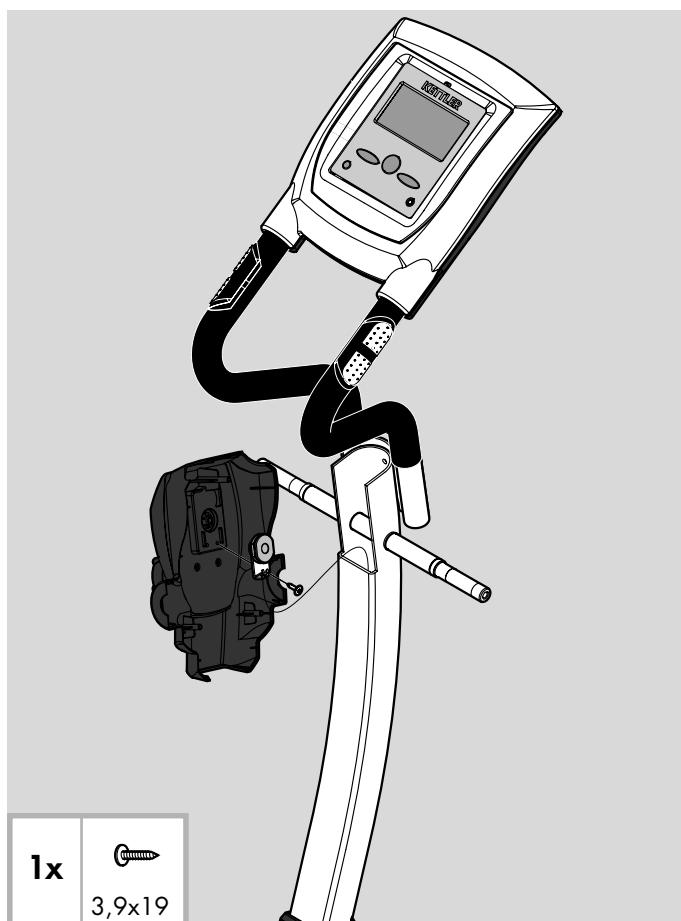
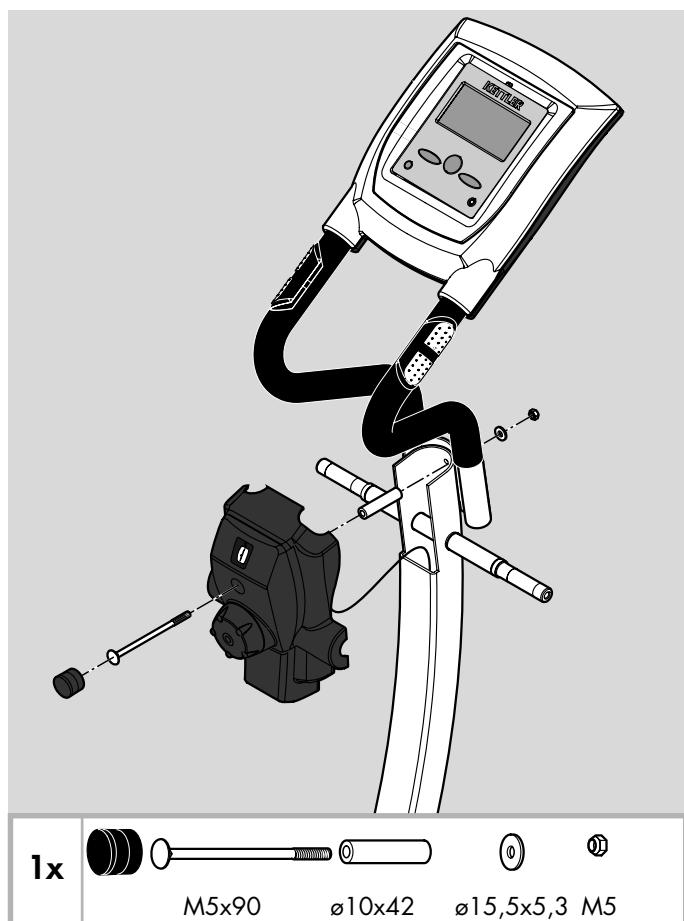
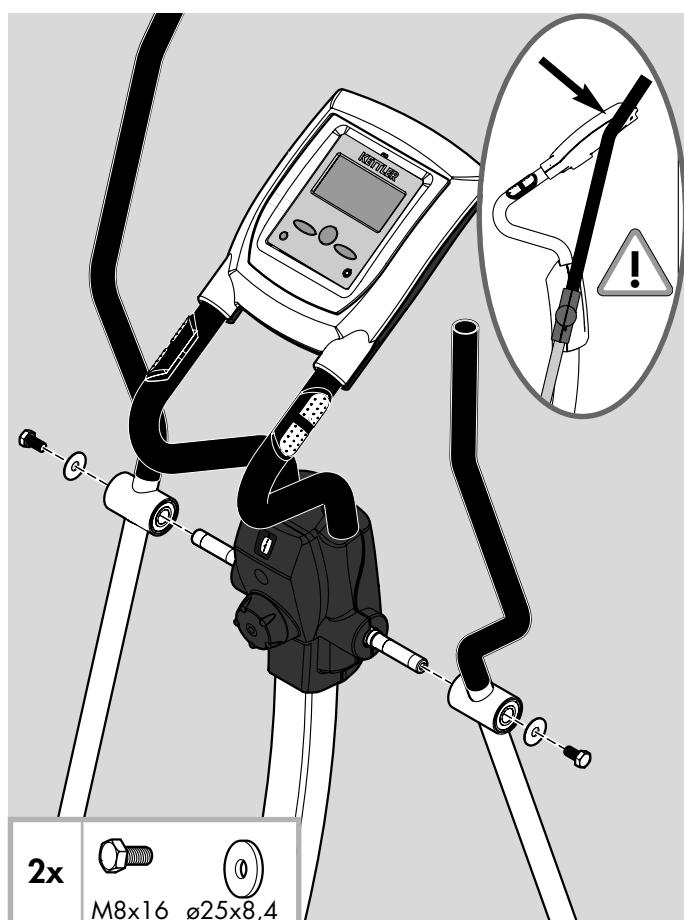
- DK - OBS!

De to skruer D skal af tekniske årsager strammes først. Først derefter spændes skruerne E.

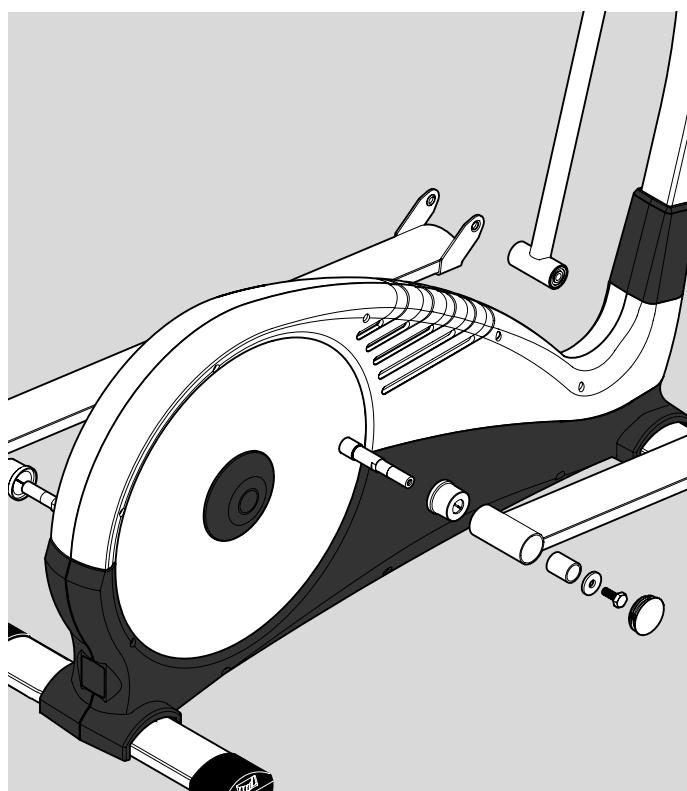


- D - Schraubverbindung regelmäßig kontrollieren.
- GB - The screwed connections must be controled at regular intervals.
- F - Resserrer le raccord à vis à intervalles réguliers.
- NL - Schroefverbinding moet regelmatig opnieuw vastgedraaid worden.
- E - La atornilladura debe ser apretada con regularidad.
- I - Il collegamento a vite va riserrato ad intervalli regolari.
- PL - Połączenie śrubowe musi być regularnie dokręcane.
- P - Verifique regularmente as uniões roscadas.
- CZ - Šroubové spojení pravidelně kontrolujte.
- DK - Kontrollér skrueforbindelsen regelmæssigt.



4**5****6****7**

8

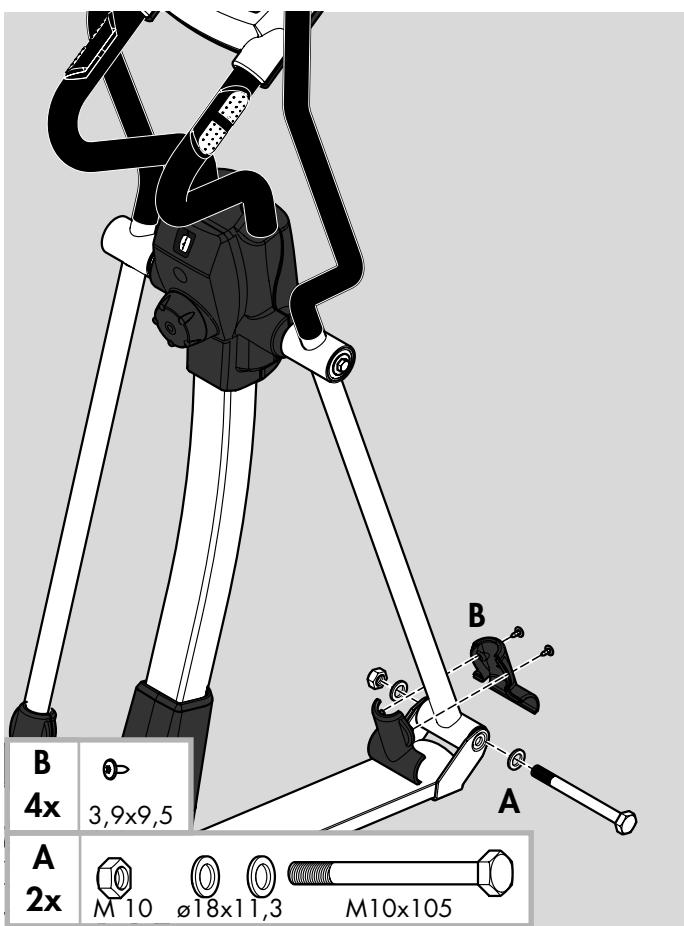


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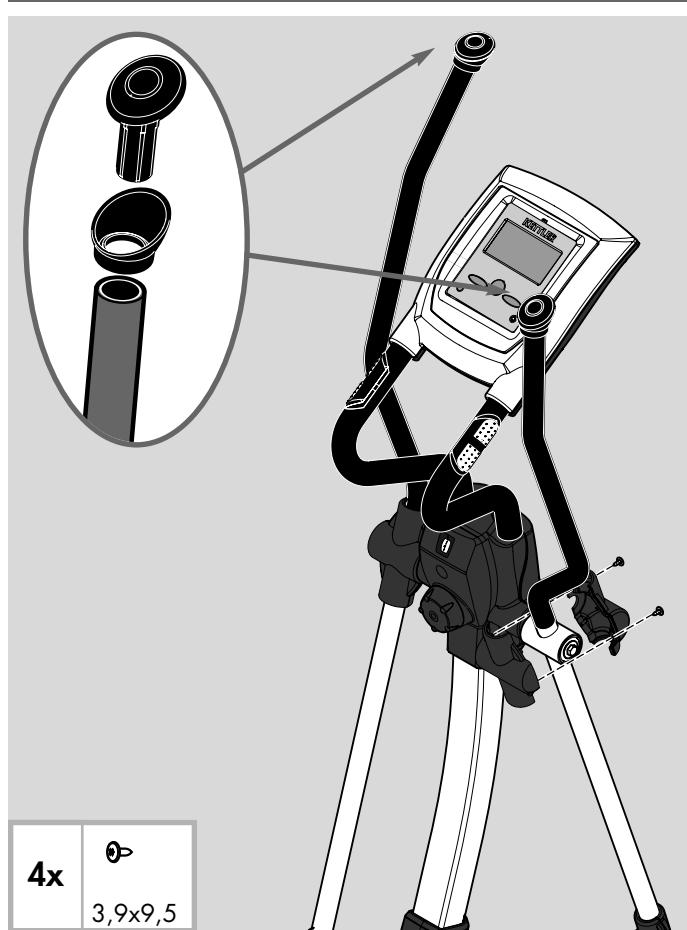
 $\varnothing 22.2 \times 27.5$ $\varnothing 25 \times 8.4$

M8x16

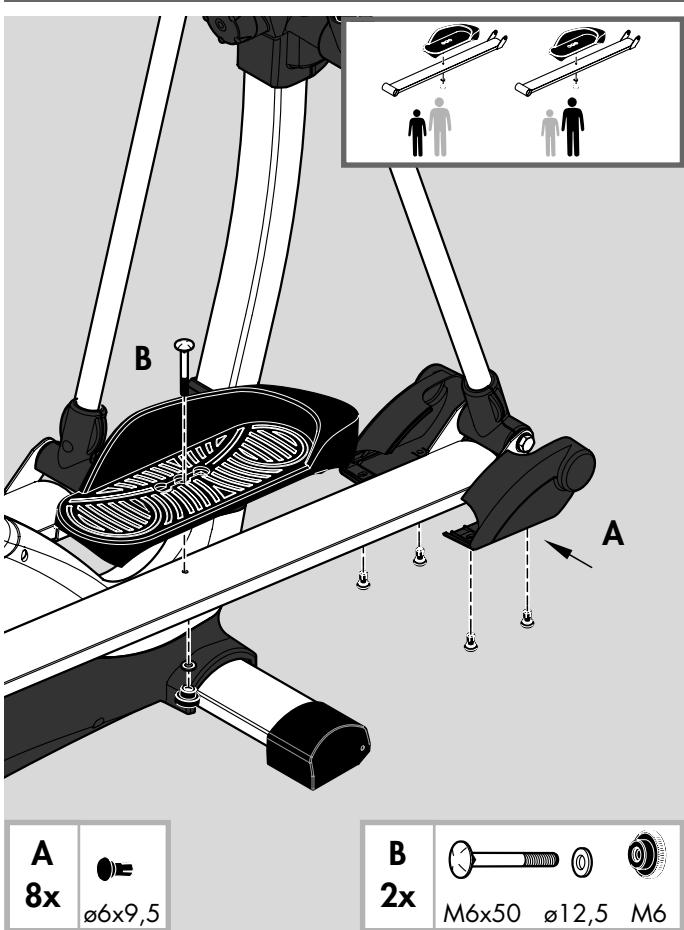
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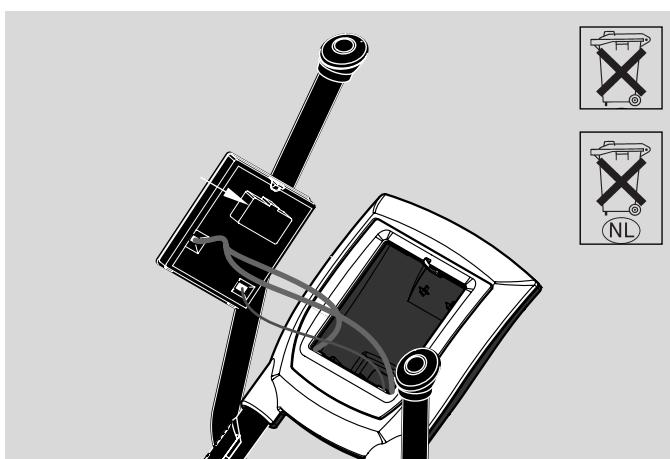
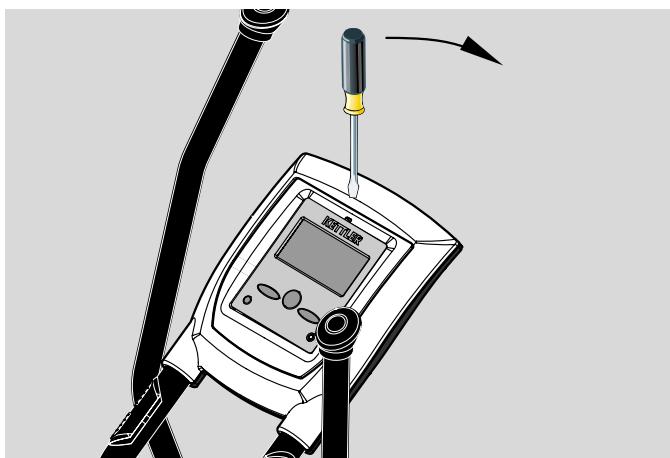
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11



Batteriewchsel



Eine schwache oder erloschene Computeranzeige macht einen Batteriewchsel erforderlich. Der Computer ist mit zwei Batterien ausgestattet. Nehmen Sie den Batteriewchsel wie folgt vor:

- Nehmen Sie den Batteriefachdeckel ab und ersetzen Sie die Batterien durch zwei neue vom Typ AA 1,5V.
- Achten Sie beim Einsatz der Batterien auf die Kennzeichnung im Batteriefachboden.
- Sollte es nach dem Wiedereinschalten zu Fehlfunktionen kommen, klemmen Sie die Batterien noch einmal kurz ab und wieder an.

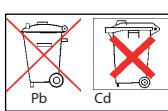
Wichtig: Aufgebrauchte Batterien fallen nicht unter die Garantiebestimmungen.

"**Gesetzlicher Hinweis nach §12 der Batterieverordnung:**

Batterien dürfen nicht über den normalen Hausmüll entsorgt werden. Der Endverbraucher ist seit dem 01.10.1998 zur Rückgabe verbrauchter Batterien verpflichtet, wobei Sie weder nach Batterietyp noch nach Hersteller oder Verkäufer unterscheiden müssen. Die Entsorgung im Hausmüll ist laut Batterieverordnung ausdrücklich verboten! Gebrauchte Batterien können Sie direkt in der Verkaufsstelle oder in unmittelbarer Nähe zurück geben.

Schadstoffhaltige Batterien sind besonders gekennzeichnet.

Die chemischen Symbole Cd, Hg und Pb stehen für Cadmium, Quecksilber und Blei.



Bei gekennzeichneten Batterien sind diese chemischen Symbole unterhalb der Grafik einer durchgekreuzten Mülltonne angezeigt (siehe Beispiel)."

- GB - Battery change

A weak or an extinguished computer display makes a battery change necessary. The computer is equipped with two batteries.

Perform the battery change as described below:

- Remove the lid of the battery compartment and replace the batteries by two new batteries of type AA 1,5V.
- When inserting the batteries pay attention to the designation at the bottom of the battery compartment.
- Should there be any misoperation after switching on the computer again, shortly disconnect the batteries once again and reinsert them.

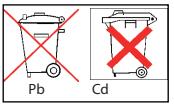
Important: The guarantee does not cover worn-out batteries.

„Legal advice according to § 12 of the statutory order for the disposal of batteries:

Batteries must not be disposed of via the regular household waste. As of 1 October 1998 final consumers are obliged to return used batteries, while they do not need to differentiate between manufacturers or shops selling the batteries. In accordance with the statutory order for batteries, disposal of batteries in the household waste is prohibited! Used batteries can be returned directly at or close to the points of sale.

Contaminant-containing batteries are specially marked/identified.

The chemical symbols Cd, Hg and Pb signify the elements cadmium, mercury and lead.

 Batteries identified as contaminant-containing these chemical symbols are indicated below the symbol of a crossed-out waste bin (see example)."

- F - Changement de piles

Un affichage de l'ordinateur faible ou éteint impose un changement des piles. L'ordinateur est équipé de deux piles. Effectuez le changement comme suit:

- Enlevez le couvercle du logement des piles et remplacez-les par deux piles neuves du type AA 1,5V.
- Veillez au marquage au fond du logement lors de la mise en place des piles.
- En cas de dysfonctionnement après la remise en marche, enlevez brièvement les piles et remettez-les ensuite.

Important: Les piles usées sont exclues des dispositions de garantie.

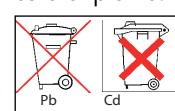
"Avis légal selon le §12 de la réglementation relative aux piles:

Les piles ne doivent pas être mises dans les déchets domestiques.

Le consommateur final est tenu depuis le 01.10.1998 de rendre les piles usagées, ce pour quoi il ne vous faut pas faire de tri en fonction du type de pile ni du fabricant, ni du vendeur. Jeter les piles dans les déchets domestiques est expressément interdit par la réglementation relative aux piles ! Vous pouvez rendre les piles usagées directement au point de vente ou à proximité de chez vous.

Les piles contenant des **substances dangereuses** font l'objet d'un marquage spécifique.

Les symboles chimiques Cd, Hg et Pb sont pour cadmium, mercure et plomb.



Dans le cas de piles faisant l'objet d'un marquage, ces symboles chimiques se trouvent en dessous du graphique d'une poubelle barrée (cf. exemple)."

- NL - Verwisselen van de batterijen

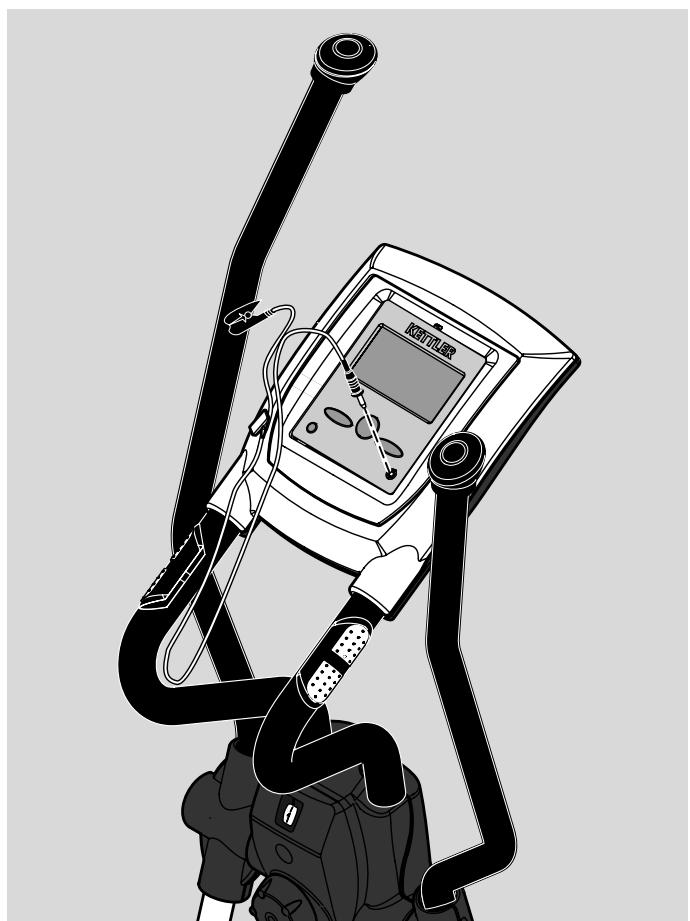
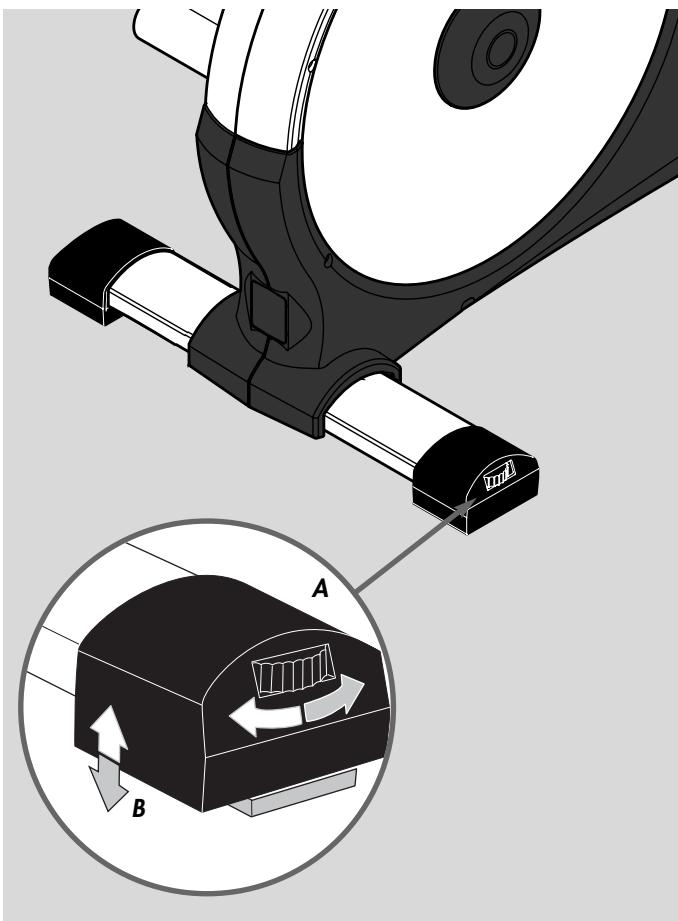
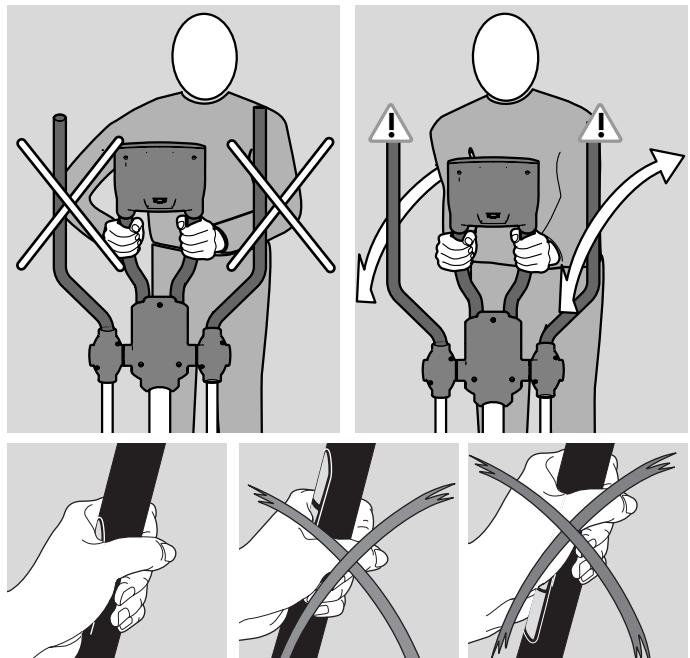
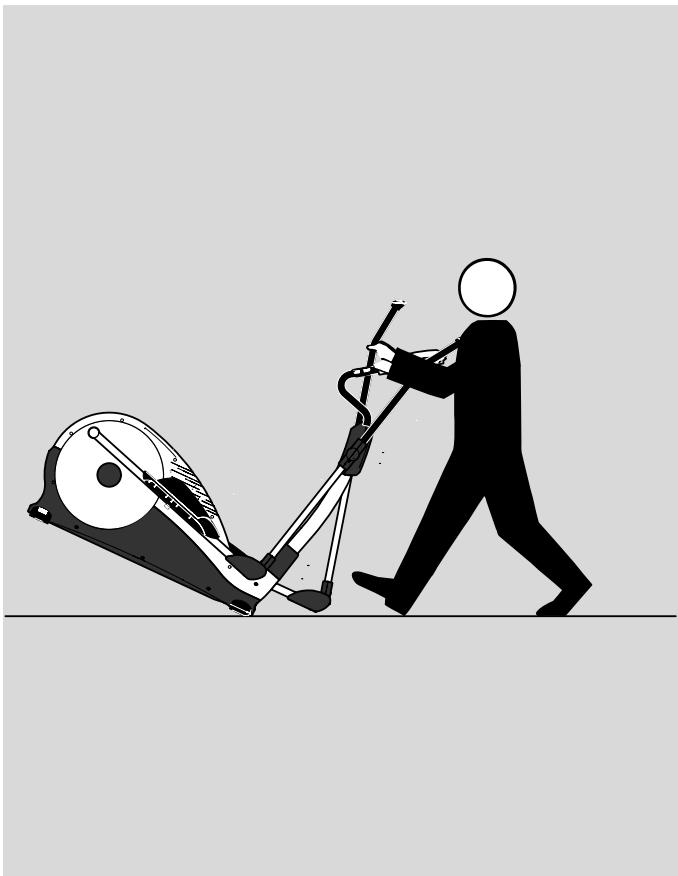
Een zwakke of weggevallen computerweergave maakt een batterijwisseling noodzakelijk. De computer werkt op 2 batterijen.

Handhabungshinweise

- GB – Handling
- E – Aplicación
- CZ – Pokyny k manipulaci

- F – Utilisation
- I – Utilizzo
- P – Notas sobre o manuseamento

- NL – Handleiding
- PL – Zastosowanie
- DK – Håndtering

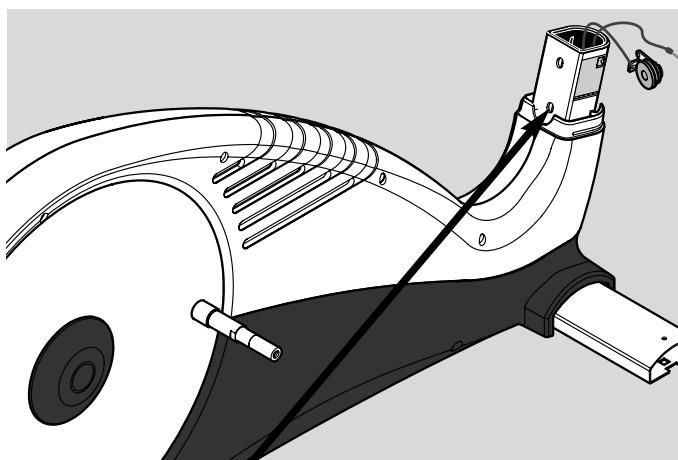


Ersatzteilbestellung

- GB - Spare parts order
- E - Pedido de recambios
- CZ - Objednání náhradních dílů

- F - Commande de pièces de rechange
- I - Ordine di pezzi di ricambio
- P - Encomenda de peças sobressalentes

- NL - Bestelling van reserveonderdelen
- PL - Zamówienie części zamiennych
- DK - Bestilling af reservedele



- D - Beispiel Typenschild - Seriennummer
- GB - Example Type label - Serial number
- F - Example Plaque signalétique - Numéro de série
- NL - Bij voorbeeld Typeplaatje - Seriennummer
- E - Ejemplo Placa identificativa - Número de serie
- I - Esempio Targhetta tecnica - Numero di serie
- PL - Przykłady Tabliczka identyfikacyjna - Numer serii
- CZ - Příklad typového štítku – sériové číslo
- P - Exemplo placa de características - número de série
- DK - Eksempel type label – serienummer

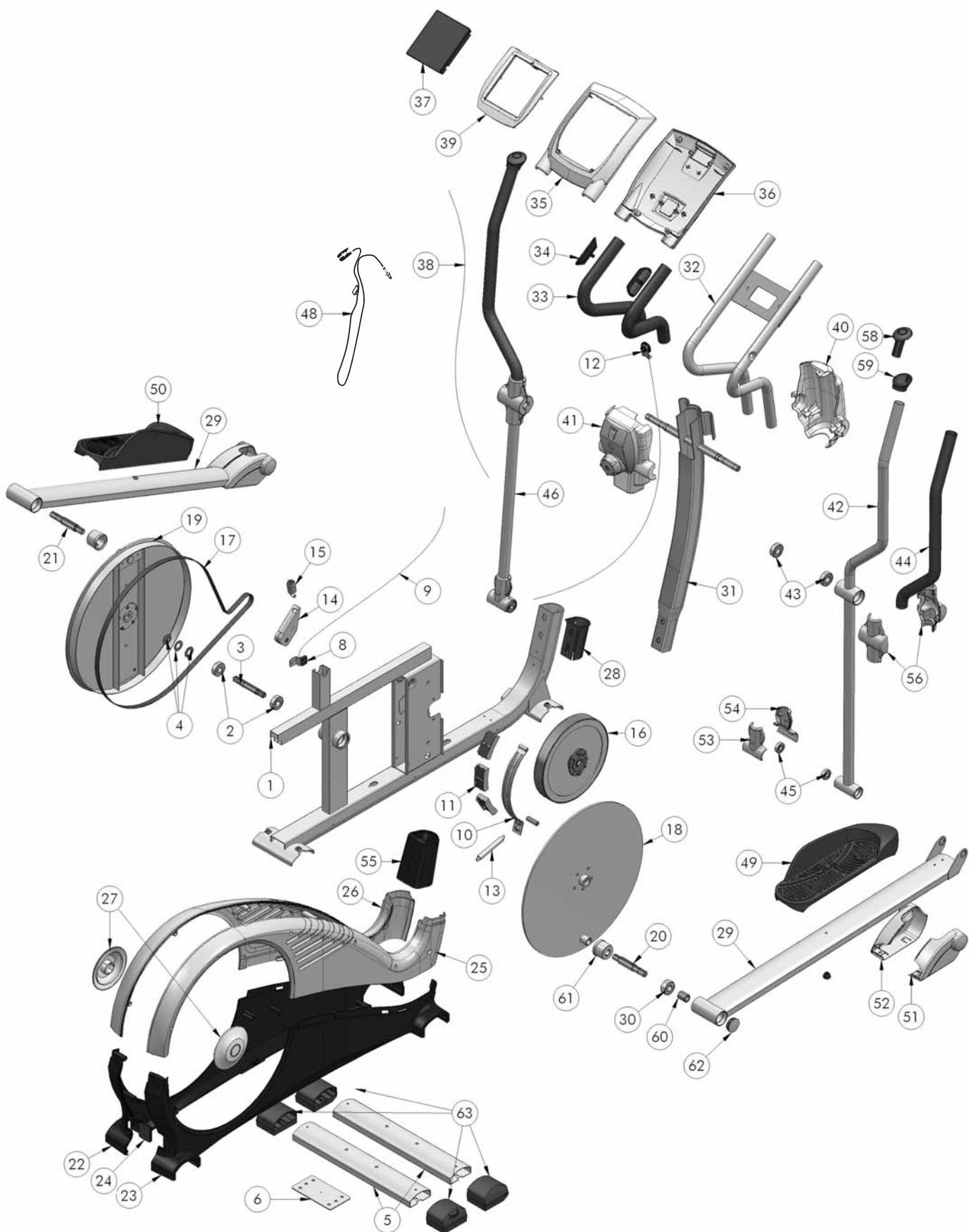
- D - Geben Sie bei Ersatzteilbestellungen bitte die vollständige Artikelnummer, die Ersatzteilnummer, die benötigte Stückzahl und die Seriennummer des Gerätes an.
- GB - When ordering spare parts, always state the full article number, spare-part number, the quantity required and the S/N of the product.
- F - En cas de commande de pièces de rechange, nous vous prions de mentionner la référence article, le numéro de pièce de rechange, la quantité demandée et le numéro de série de l'appareil.
- NL - Vermeld bij de onderdelenbestellingen a.u.b. het volledige artikelnummer, het onderdeelnummer, het benodigde aantal en het serienummer van het apparaat.
- E - Indicar con los pedidos de piezas de repuesto el número completo del artículo, el número de la pieza de repuesto, las unidades solicitadas y el número de serie del aparato.
- I - Per l'ordinazione di parti di ricambio indicate il completo numero di articolo, della parte di ricambio, il numero di unit necessario nonchè il numero di serie dell'apparecchio.
- PL - Przy zamawianiu części zamiennych proszę podawać kompletny numer artykułu, numer części zamiennej i numer serii urzadzenia.
- CZ - Při objednání náhradních dílů prosím udejte úplné číslo zboží, číslo náhradního dílu, potřebný počet kusů a sériové číslo přístroje.
- P - Ao encomendar peças sobressalentes, por favor indique o número completo do artigo, o número da peça sobressalente, o número de unidades necessárias e o número de série do aparelho.
- DK - Ved bestilling af reservedele skal du altid opgive det fuldstændige artikelnummer, nummeret på reservedelen, det ønskede antal og maskinens serienummer (se Håndtering).

Pos.-Nr.	Crosstrainer Vito XLS Bezeichnung		Stück	07861-850 Europa Bestell-Nr.	07859-859 USA Bestell-Nr.
1	Grundrahmen		1	94315939	94315939
2	Kugellager 6203-ZZ		2	33100023	33100023
3	Welle für Crosstrainer 17x114,5 mm		1	11300055	11300055
4	Tellerfeder		3	10600004	10600004
5	Bodenrohr 80x33 mm		2	91111951	91111951
6	Halblech BD1456		2	97200256	97200256
7	Folienpapier für Crosstrainer (o. Abb.)		2	34010120	34010120
8	Kontakthalblech kpl.		1	1701399A	1701399A
9	Geschwindigkeitsaufnehmer 1000 mm (SPU)		1	67000707	67000707
10	Magnetbügel		1	17013960	17013960
11	Magnetsegmentteil		3	67000170	67000170
12	Bowdenzug M.4583		1	94318186	94318186
13	Zugfeder 4-5217		1	25615060	25615060
14	Spannwinkel BD1488 + Kugellager mont.		1	94314230	94314230
15	Zugfeder 4-5279		1	25635052	25635052
16	Schwungrad und Lagerwelle montiert		1	91140381	91140381
17	Poly-V-Riemen 1651 PJ6		1	67005127	67005127
18	Laufrad		1	94318176	94318176
19	Riemenscheibe		1	94318177	94318177
20	Lagerachse 20x120,5 Rechtsgewinde		1	97202720	97202720
21	Lagerachse 20x120,5 Linksgewinde		1	97202721	97202721
22	Seitenverkleidung links unten (4352)		1	70129464	70129464
23	Seitenverkleidung rechts unten (4351)		1	70129463	70129463
24	Netzsteckerabdeckung (4195)		1	70127464	70127464
25	Seitenverkleidung rechts oben (3999)		1	70129467	70129467
26	Seitenverkleidung links oben (4000)		1	70129468	70129468

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Pos.-Nr.	Crosstrainer Vito XLS Bezeichnung	Stück	07861-850 Europa Bestell-Nr.	07859-859 USA Bestell-Nr.
27	Rondenabdeckkappe (4866)	2	70130113	70130113
28	Führungsbuchse (4001)	1	70128698	70128698
29	Pedalarm + Pendellager montiert	2	94315248	94315248
30	Pendelkugellager 2203-2RS	2	33100047	33100047
31	Vorderrohr	1	94318183	94318183
32	Stützbügel mit Softgrip SW	1	94318062	94318062
33	Soft-Grip 27,5x3x485 SW	2	10118120	10118120
34	Handpulsaufnehmer WP 1007-5C	1	67000658	67000658
35	Cockpit Oberteil (4277)	1	70129461	70129461
36	Cockpit Unterteil (4757)	1	70129462	70129462
37	Computer ST2510-68 (geprüft)	1	94315908	94316719
38	Verlängerungskabel S-19/1200	1	67000549	67000549
39	Distanzrahmen (5180)	1	70129460	70129460
40	Lenkerendabdeckung UT (4008)	1	70129459	70129459
41	Verstelleinheit 45ER	1	10121188	10121188
42	Armhebe rechts (kpl. montiert mit Pos. 43, 44 SW, 45)	1	94317028-10	94317028-10
43	Kugellager 6203-ZZ für Crosstrainer	4	33100036	33100036
44	Softgrip SW	2	10118034	10118034
45	Kugellager 6200-ZZ für Crosstrainer	4	33100038	33100038
46	Armhebe links (kpl. montiert mit Pos. 43, 44 SW, 45)	1	94317029-10	94317029-10
47	Zusatztasche kpl. Vito XLS	1	94318179	94318179
48	Ohrclip P-03	1	67000653	67000653
49	Fußtritt rechts (4003)	1	70133504	70133504
50	Fußtritt links (4004)	1	70133505	70133505
51	Gelenkabdeckung rechts (4009)	2	70133506	70133506
52	Gelenkabdeckung links (4010)	2	70133507	70133507
53	Gelenkpunktverkleidung Teil 1 (3167)	2	70133510	70133510
54	Gelenkpunktverkleidung Teil 2 (3168)	2	70133511	70133511
55	Lenkerrohrabdeckung (3089)	1	70129326	70129326
56	Drehpunktverkleidungen (3165/66)	2	94318178	94318178
57	Schraubenbeutel o. Abb.	1	94318182	94318182
58	Rohrendkappe Teil 1 (4011)	2	70133502	70133502
59	Rohrendkappe Teil 2 (4013)	2	70133503	70133503
60	Distanzrohr ø22.2x2x27.5 mm	2	97201463	97201463
61	Distanzhülse (3126)	2	70129469	70129469
62	Lamellenstopfen ø42 mm	2	10100098	10100098
63	Bodenschoner-Set	1	91180488	91180488

Ersatzteilbestellung





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